


Online group
Tuesdays 6-7.30pm





Autism Support Group


Join our Autism Support Group and connect with others in a safe, welcoming, and understanding environment. Whether you are autistic, awaiting an assessment, or supporting someone on the autism spectrum, this group offers a space to share experiences, gain support, and learn practical strategies for everyday life.

Scan the QR code or visit the website below to view our group timetable for up-to-date times and locations.

 catalystsupport.org.uk/activity-timetable/

 groups.cc@catalystsupport.org.uk

 01276 409 415

 07919 541 424

